

What is claimed is:

1. An oral microemulsion composition for treating a liver disease, which comprises biphenyldimethyldicarboxylate (BDD) and silybin or a derivative thereof, or a *Carduus marianus* extract containing silybin and derivatives thereof, as active ingredients; a co-surfactant; a surfactant; and an oil.
2. The oral microemulsion composition of claim 1, wherein the silybin derivative is silycristin, silydiamin or isosilybin.
3. The oral microemulsion composition of claim 1, wherein the biphenyldimethyldicarboxylate : *Carduus marianus* extract : co-surfactant : surfactant : oil ratio by weight is in the range of 1 : 1~100 : 10~150 : 5~100 : 1~50.
4. The oral microemulsion composition of claim 1, wherein the biphenyldimethyldicarboxylate : silybin or the silybin derivative : co-surfactant : surfactant : oil ratio by weight is in the range of 1 : 0.3~33 : 10~150 : 5~100 : 1~50.
5. The oral microemulsion composition of claim 1, wherein the co-surfactant is selected from the group consisting of ethanol, propyleneglycol, polyethyleneglycol, propylene carbonate, transcitol, glycofurol, dimethyl isosorbide and a mixture thereof.
6. The oral microemulsion composition of claim 5, wherein the co-surfactant is transcitol.
7. The oral microemulsion composition of claim 1, wherein the surfactant is selected from the group consisting of: polyoxyethylene glycolated natural or hydrogenated vegetable oils, polyoxyethylene-sorbitan-fatty acid esters,

polyoxyethylene fatty acid esters; polyoxyethylene-polyoxypropylene copolymers; polyoxyethylene-polyoxypropylene block copolymers; sodium dioctyl sulfosuccinate; sodium lauryl sulfate; phospholipids; propylene glycol mono- or di-fatty acid esters; trans-esterification products of natural vegetable oil triglycerides and polyalkylene polyols; mono-, di- or mono/di-glycerides, sorbitan fatty acid esters; sterols or derivatives thereof; and a mixture thereof.

8. The oral microemulsion composition of claim 7, wherein the surfactant is selected from the group consisting of polyoxyethylene glycolated natural or hydrogenated vegetable oils, polyoxyethylene-sorbitan-fatty acid esters and a mixture thereof.

9. The oral microemulsion composition of claim 1, wherein the oil is selected from the group consisting of: medium chain fatty acid triglycerides; mono-, di- or mono/di-glycerides; monovalent alkanol esters of fatty acids; natural vegetable or animal oils; squalene; squalane; oleic acid; linoleic acid; and a mixture thereof.

10. The oral microemulsion composition of claim 9, wherein the oil is selected from the group consisting of medium chain fatty acid triglycerides, mono-, di- or mono/di-glycerides, esters of fatty acids and monovalent alkanols and a mixture thereof.

11. The oral microemulsion composition of claim 1, which forms microparticles having an average particle size of less than 1 μm upon contact with an aqueous medium.